





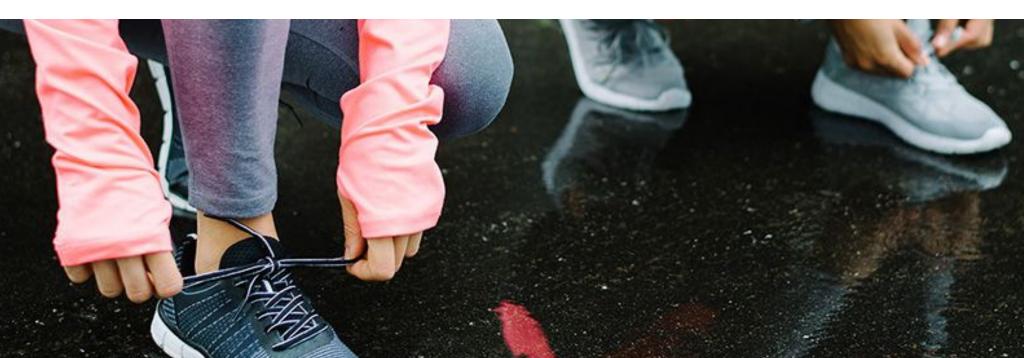




Click the logo to follow us!

# **Healthy Columbus**

**Employee Wellness Program Newsletter** 



### **HEALTH IS A STATE OF**

Body.

### WELLNESS IS A STATE OF

Being.

J. STANFORD

# O1GROUP FITNESS CLASSES

# Q1 Classes are going on now! Drop into one today!

Q1 Classes run until March 16, 2018

23 on-site group fitness classes are offered each week to employees at no cost!

If you have any questions about any of our Group Fitness Classes, please reach out to us! Brandon Kimbro: BTKimbro@columbus.gov

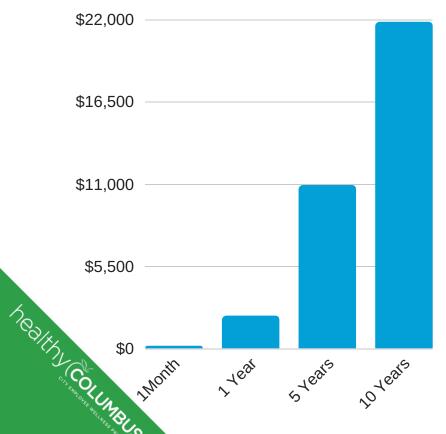
S. COLUMBUS

Adult dependents on the City's health plan are permitted to attend with prior authorization.



## **American** Quit For Life® Program

### **Your Savings**\* Over 10 years



#### **ENROLL NOW:**

#### www.quitnow.net 1-866-QUIT-4-LIFE

All City employees and adult dependents on the City's health plan can quit any kind of tobacco products (including smokeless) for free through the Quit for Life Program. Participants get free patches or gum, access to 24/7 support, a tailored quit plan and mobile games to distract you during cravings.

### Front Street FITNESS

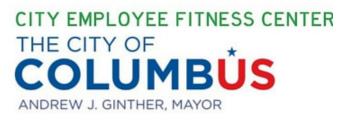
#### **HELPING YOU GET** RESULTS YOU WANT

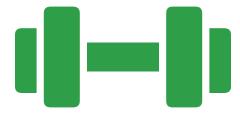
Right Start

Exercise programs can be intimidating. Whether you feel like a fitness failure or a fearful first-timer. relax; we'll be with you every step of the way. We'll ensure **CARDIO** 

track with the right program based on your specific goals.

you get off on the right





STRENGTH

**CARDIO & STRENGTH** 

STRETCHING

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday
11:45AM				Dynamic Warm up	DB/KB
12:00PM	Total Body Strength	Bodyweight HIIT	STRAIGHT CORE	Power & Endurance	Power HIIT
12:15pm				Bootcamp	
12:30PM	Stretching	Endurance Training	Stretching		

Let us show you how to ensure success! Schedule a consult with Ashley and Pat to set up your plan to progress!

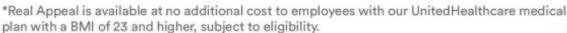


Pat Shick - PLShick@columbus.gov Ashley Harris - AJHarris@columbus.gov

#### Real Appeal® is a digital weight loss program customized to what works for you with up to a year of support.

Coach

Weight loss that's free.\* A transformation that's real.





Real Appeal® is a digital weight loss program customized to what works for you with up to a year of support. With Real Appeal, you learn simple steps to help you transform.



Find out if you're eligible and start your Real Appeal success story at cityofcolumbus.realappeal.com

For the best experience, access Real Appeal from your own device.

# Congrats!

# CITY OF COLUMBUS

2018 Columbus Annual Symposium Healthy Workplace Gold Award Winner



Click the image above to view the letter of recognition from Mayor Andrew Ginther

The Healthy Ohio Healthy Worksite Award was designed to recognize employers that demonstrate a commitment to employee health by incorporating comprehensive worksite health promotion and wellness programs. It acknowledges efforts to facilitate and encourage employee health, enhance productivity and ensure a healthy work environment. Healthy Ohio Business Council recognizes 73 Ohio employers—15 being Health Action Council supporters/members—for healthy worksite practices in a special ceremony at our 2018 Columbus Annual Symposium.



# **Create Healthy Habits, Not Restrictions.**

Please don't hesitate to contact us if you have any questions

#### **The Healthy Columbus Team**

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